ULTIMATE®

# Assembly Manual

FOR THE BOWFLEX ULTIMATE

**Includes Instructions for Assembling Bowflex Ultimate Machines**

BOWFLEX® FITNESS

# Basic Assembly Principles

Here are a few basic assembly tips that can make your assembly of the Bowflex Ultimate quick and easy. By using these principles, you can simplify the process and save yourself some extra time and effort.

1. When you are using a ratchet to tighten a locknut on a bolt, use a close-ended combination wrench to grip the locknut. This will ensure that the locknut is fastened securely.
2. When you are having trouble placing a bolt between two separate pieces, you can get the bolt holes to line up by gently lifting one of the pieces. You can also lift gently and look between the pieces for additional help guiding the bolt through the holes.
3. You can make the assembly process go faster by gathering the pieces you need for each step prior to starting the step.
4. As a general rule, and for all bolts and locknuts on your Bowflex Ultimate, turning toward the right will tighten, turning toward the left will loosen. An easy way to remember this is by remembering the expression, "Lefty loosey, righty tighty."

# Tools You Will Need

You will need the following tools to complete the assembly of your Bowflex Ultimate. If you don't have these tools, you can find them at any hardware or department store for a reasonable price.

- **7/16" combination wrench**
- **9/16" combination wrench**
- **An adjustable wrench**
- **A socket wrench set**
- **Phillips screw driver**
- **Flat blade screw driver**
- **Rubber mallet**
- **Utility Knife**
- **Scissors**

# Finished Photos

We've included a photograph at the end of each step representing the end result of that step in the assembly of your Bowflex Ultimate. If you have any doubt after finishing a step, refer to these photos to see the accuracy of your assembly process.

*This is an example of what the photos at the finish of each step look like.* →

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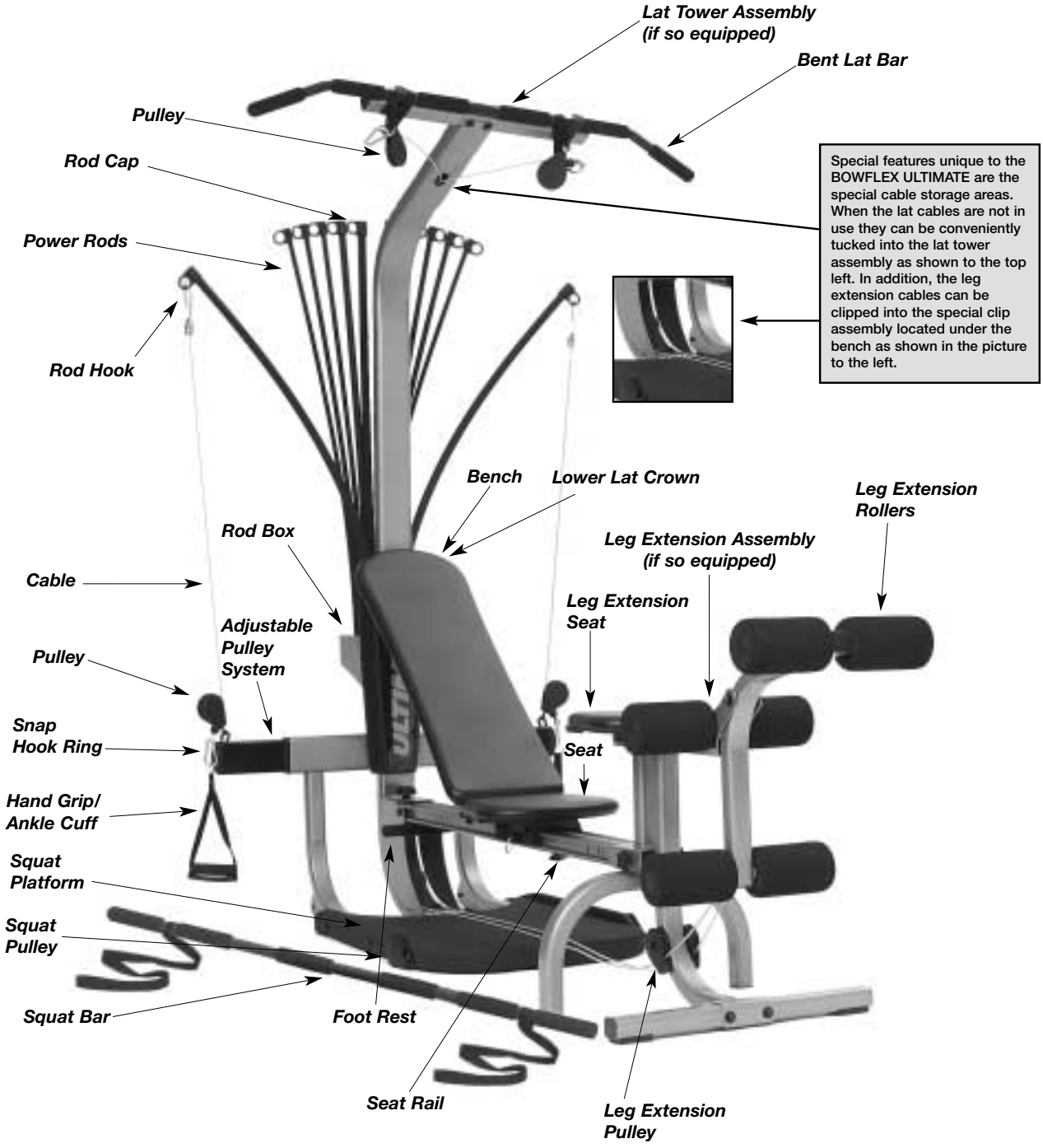
# BOWFLEX® Ultimate® Parts Reference Guide

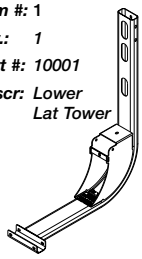

Lat Tower Assembly (if so equipped)
Bent Lat Bar
Pulley
Rod Cap
Power Rods
Rod Hook
Special features unique to the BOWFLEX ULTIMATE are the special cable storage areas. When the lat cables are not in use they can be conveniently tucked into the lat tower assembly as shown to the top left. In addition, the leg extension cables can be clipped into the special clip assembly located under the bench as shown in the picture to the left.
Bench
Lower Lat Crown
Leg Extension Rollers
Rod Box
Leg Extension Assembly (if so equipped)
Cable
Leg Extension Seat
Adjustable Pulley System
Pulley
Snap Hook Ring
Seat
Hand Grip/ Ankle Cuff
Squat Platform
Squat Pulley
Squat Bar
Foot Rest
Seat Rail
Leg Extension Pulley

# Base Unit Assembly

## Parts List

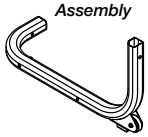
| Item No. | Qty. | Part No. | Description |
|---|---|---|---|
| 1 | 1 | 10001 | LOWER LAT TOWER |
| 2 | 1 | 10002 | LEFT MAIN FRAME ASSEMBLY |
| 3 | 1 | 10003 | RIGHT MAIN FRAME ASSEMBLY |
| 4 | 1 | 10004 | SQUAT FRAME |
| 5 | 1 | 10005 | SQUAT PLATFORM |
| 6 | 1 | 10011 | ADJUSTABLE PULLEY SYSTEM |
| 7 | 2 | 10012 | ADJ. PULLEY SYST. BOLT SPACER |
| 8 | 2 | 10074 | ADJ. PULLEY SYST. LOCK KNOB |
| 9 | 2 | 90177 | PULLEY ASSEMBLY |
| 10 | 1 | 10014 | SEAT RAIL |
| 11 | 1 | 10039 | FOOT REST ASSEMBLY |
| 13 | 1 | 10036 | REAR LEG |
| 14 | 1 | 10017 | SEAT |
| 21 | 1 | 10015 | INCLINE BENCH REST |
| 22 | 1 | 10016 | INCLINE BENCH REST BACK |
| 23 | 1 | 10049 | ROD BOX w/ RODS |
| 24 | 1 | 10044 | ROD BOX FRAME |
| 25 | 1 | 10018 | BENCH |
| 26 | 1 | 10035 | BENCH REST BRACKET |
| 27 | 2 | 90215 | ROD CABLE |
| 32 | 2 | 10007 | SQUAT CABLE |
| 33 | 4 | 50334 | SNAP HOOK |
| 35 | 1 | 90650 | 48” BAR |
| 36 | 2 | 10073 | SQUAT STRAP |
| 37 | 1 | 10075 | LARGE THREADED KNOB |
| 38 | 2 | 90134 | HAND GRIP/ANKLE CUFF |
| 39 | 1 | 90640 | T-BAR w/ STRAP |
| 41 | 3 | 90149 | SCREW, 1/4" X 1-1/2" PHILLIPS HEAD |
| 44 | 4 | 10182 | SCREW, #10 X 3/4" SELF TAPPING |
| 45 | 3 | 10183 | SCREW, #10 X 1" SELF DRILLING |
| 46 | 5 | 10103 | BOLT, 3/8" X 3/4" |
| 48 | 3 | 10107 | BOLT, 3/8" X 2" |
| 49 | 2 | 90193 | BOLT, 3/8" X 2-1/2" |
| 51 | 2 | 90139 | BOLT, 3/8" X 3" |
| 52 | 4 | 10125 | BOLT, 3/8" X 4-3/4" |
| 53 | 1 | 10126 | BOLT, 3/8" X 5" |
| 54 | 30 | 90138 | WASHER, 3/8" |
| 55 | 6 | 90156 | WASHER, 1/4" |
| 57 | 13 | 90196 | NUT, 3/8" NYLON LOCK NUT |
| 58 | 1 | 90222 | RAIL END CAP |
| 59 | 1 | 90217 | LEG PRESS BELT |
| 73 | 2 | 10177 | REAR LEG BOLT KEEPER |
| 74 | 2 | 10178 | LEG PRESS BOLT KEEPER |
| 75 | 8 | 10125 | 3/8” x 3/4’ SQUARE HEAD BOLT |
| 76 | 1 | 10201 | LOWER LAT CROWN |

**Item #:** 1
**Qty.:** 1
**Part #:** 10001
**Descr:** Lower Lat Tower

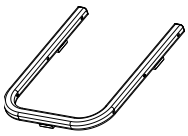


**Item #:** 2
**Qty.:** 1
**Part #:** 10002
**Descr:** Left Main Frame Assembly

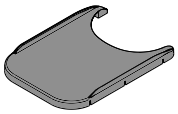
**Item #:** 3
**Qty.:** 1
**Part #:** 10003
**Descr:** Right Main Frame Assembly



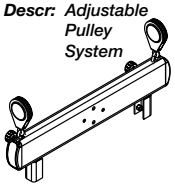
**Item #:** 4
**Qty.:** 1
**Part #:** 10004
**Descr:** Squat Frame



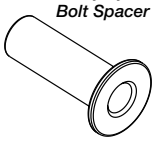
**Item #:** 5
**Qty.:** 1
**Part #:** 10005
**Descr:** Squat Platform



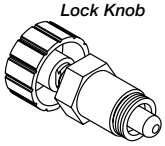
**Item #:** 6
**Qty.:** 1
**Part #:** 10011
**Descr:** Adjustable Pulley System



**Item #:** 7
**Qty.:** 2
**Part #:** 10012
**Descr:** Adjustable Pulley System Bolt Spacer



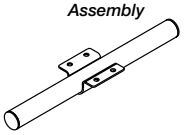
**Item #:** 8
**Qty.:** 2
**Part #:** 10074
**Descr:** Adjustable Pulley System Lock Knob



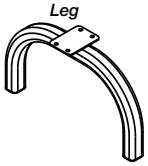
**Item #:** 9
**Qty.:** 2
**Part #:** 90177
**Descr:** Pulley Assembly

**Item #:** 10
**Qty.:** 1
**Part #:** 10014
**Descr:** Seat Rail

**Item #:** 11
**Qty.:** 1
**Part #:** 10039
**Descr:** Foot Rest Assembly



**Item #:** 13
**Qty.:** 1
**Part #:** 10036
**Descr:** Rear Bench Leg

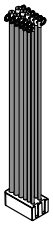


**Item #:** 14
**Qty.:** 1
**Part #:** 10017
**Descr:** Seat

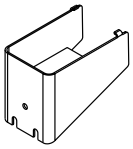
**Item #:** 21
**Qty.:** 1
**Part #:** 10015
**Descr:** Incline Bench Rest

**Item #:** 22
**Qty.:** 1
**Part #:** 10016
**Descr:** Incline Bench Rest Back

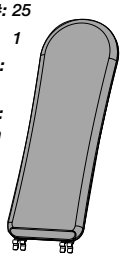
**Item #:** 23
**Qty.:** 1
**Part #:** 10049
**Descr:** Rod Box w/ Rods



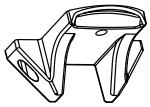
**Item #:** 24
**Qty.:** 1
**Part #:** 10044
**Descr:** Rod Box Frame



**Item #:** 25
**Qty.:** 1
**Part #:** 10018
**Descr:** Bench



**Item #:** 26
**Qty.:** 1
**Part #:** 10035
**Descr:** Bench Rest Bracket



**Item #:** 27
**Qty.:** 2
**Part #:** 90215
**Descr:** Rod Cable
**Length:** 43”

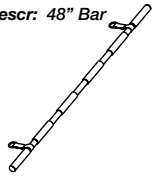


**Item #:** 32
**Qty.:** 2
**Part #:** 10007
**Descr:** Squat Cable
**Length:** 35”

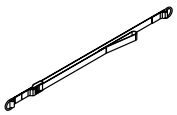


**Item #:** 33
**Qty.:** 4
**Part #:** 50334
**Descr:** Snap Hook

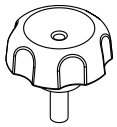
**Item #:** 35
**Qty.:** 1
**Part #:** 90650
**Descr:** 48” Bar



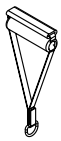
**Item #:** 36
**Qty.:** 2
**Part #:** 10073
**Descr:** Squat Strap



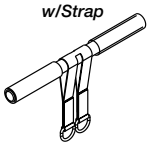
**Item #:** 37
**Qty.:** 1
**Part #:** 10075
**Descr:** Large Threaded Knob



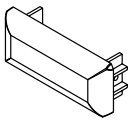
**Item #:** 38
**Qty.:** 2
**Part #:** 90134
**Descr:** Hand Grip/ Ankle Cuff



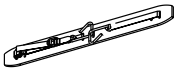
**Item #:** 39
**Qty.:** 1
**Part #:** 90640
**Descr:** T-Bar w/Strap



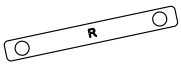
**Item #:** 58
**Qty.:** 1
**Part #:** 90222
**Descr:** Rail End Cap



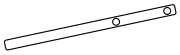
**Item #:** 59
**Qty.:** 1
**Part #:** 90217
**Descr:** Leg Press Belt



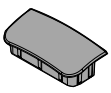
**Item #:** 73
**Qty.:** 2
**Part #:** 10177
**Descr:** Rear Leg Bolt Keeper




**Item #:** 74
**Qty.:** 2
**Part #:** 10178
**Descr:** Leg Press Bolt Keeper



**Item #:** 76
**Qty.:** 1
**Part #:** 10201
**Descr:** Lower Lat Crown



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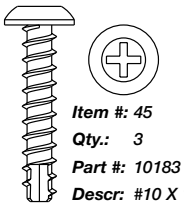
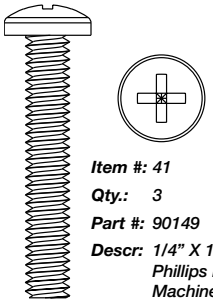
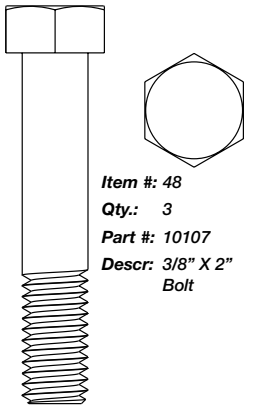
**Note: Drawings are actual size.**



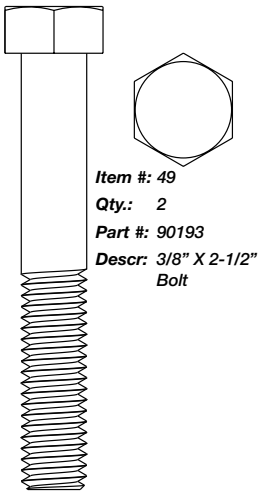
***Item #:*** *45*
***Qty.:*** *3*
***Part #:*** *10183*
***Descr:*** *#10 X 1" Self Drilling Screw*



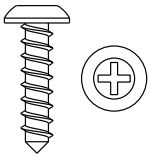
***Item #:*** *41*
***Qty.:*** *3*
***Part #:*** *90149*
***Descr:*** *1/4" X 1-1/2" Phillips Head Machine Screw*



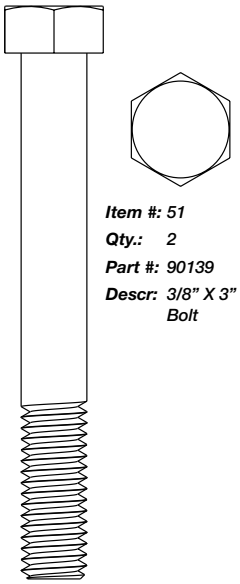
***Item #:*** *48*
***Qty.:*** *3*
***Part #:*** *10107*
***Descr:*** *3/8" X 2" Bolt*



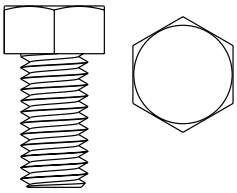
***Item #:*** *49*
***Qty.:*** *2*
***Part #:*** *90193*
***Descr:*** *3/8" X 2-1/2" Bolt*



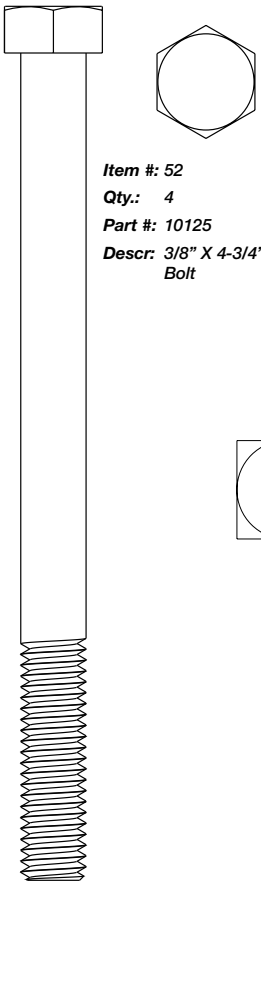
***Item #:*** *44*
***Qty.:*** *4*
***Part #:*** *10182*
***Descr:*** *#10 X 3/4" Self Tapping Screw*



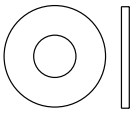
***Item #:*** *51*
***Qty.:*** *2*
***Part #:*** *90139*
***Descr:*** *3/8" X 3" Bolt*



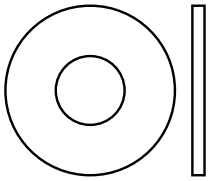
***Item #:*** *46*
***Qty.:*** *5*
***Part #:*** *10103*
***Descr:*** *3/8" X 3/4" Bolt*



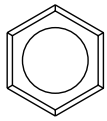
***Item #:*** *52*
***Qty.:*** *4*
***Part #:*** *10125*
***Descr:*** *3/8" X 4-3/4" Bolt*



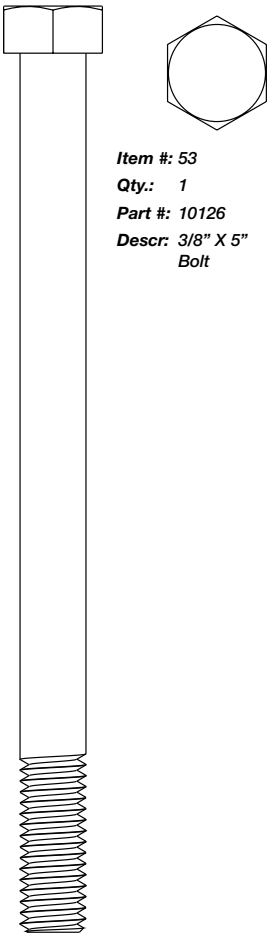
***Item #:*** *55*
***Qty.:*** *6*
***Part #:*** *90156*
***Descr:*** *1/4" Washer*



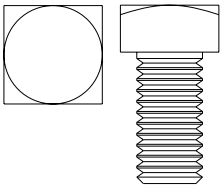
***Item #:*** *54*
***Qty.:*** *30*
***Part #:*** *90138*
***Descr:*** *3/8" Washer*



***Item #:*** *57*
***Qty.:*** *13*
***Part #:*** *90196*
***Descr:*** *3/8" Nylon Lock Nut*



***Item #:*** *53*
***Qty.:*** *1*
***Part #:*** *10126*
***Descr:*** *3/8" X 5" Bolt*



***Item #:*** *75*
***Qty.:*** *8*
***Part #:*** *10125*
***Descr:*** *3/8" X 3/4" Square Head Bolt*

**Step 1: LOWER MAIN FRAME ASSEMBLY**

Locate the following for this step:
- Lower lat tower **(Item #1)**
- Left main frame **(Item #2)**
- Right main frame **(Item #3)**
- Two (2) 3/8X3" bolts **(Item #51)**
- Four (4) 3/8" washers **(Item #54)**
- Two (2) 3/8" nylon lock nuts **(Item #57)**

❑ Place the left main frame **(Item #2)** into the saddle bracket of the lower lat tower **(Item #1)** as shown in Figure A.

❑ Insert a 3/8"X3" bolt **(Item #51)** with a washer on it through the appropriate holes, place a 3/8" washer **(Item #54)** and then a 3/8" nylon lock nut **(Item #57)** on the bolt, hand tighten at this time.

❑ Place the mating right hand side of the main frame **(Item #3)** next to the left side of the frame in the lower lat tower saddle bracket **(Item #1)** and repeat step above.

**Note: Hand tighten all bolts at this stage.**

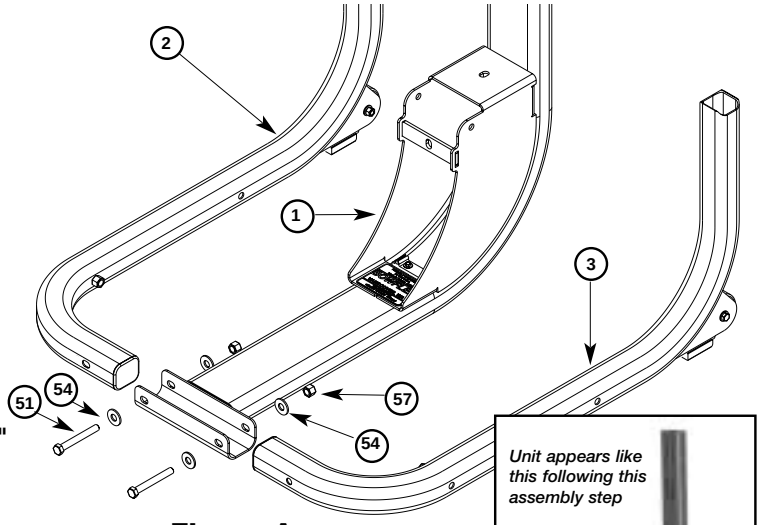



**Figure A**

**Components for this step are in Box 2 & Box 4**

---

**Step 2: ADJUSTABLE PULLEY SYSTEM**

Locate the following for this step:
- Adjustable Pulley System **(Item #6)**
- Two (2) Adjustable Pulley System bolt spacers **(Item #7, twist tied to Adjustable Pulley System)**
- Two (2) 3/8"X2-1/2" bolts **(Item #49)**
- Two (2) 3/8"X3/4" bolts **(Item #46)**
- Four (4) 3/8" washers **(Item #54)**
- Two (2) Adjustable Pulley System lock knobs **(Item #8)**

❑ Remove twist ties from bolt spacers and slide Adjustable Pulley System **(Item #6)** into main frame uprights as shown in Figure B.

Note: The side with two large holes faces away from the machine.

❑ Insert both 3/8"X2-1/2" bolts **(Item #49)** with 3/8" washers **(Item #54)** into chest slide spacers and hand tighten into the back of lower lat tower **(Item #1)** ***(NOTE: DO NOT OVERTIGHTEN)***

**Note: Inserting the top bolt first will help you align the parts.**

❑ Hand tighten the 3/8"X3/4" bolts **(Item #46)** with 3/8" washers **(Item #54)** into the uprights of the main frame **(Items #2&3)**.

❑ Make sure all the holes are properly aligned and screw the two spring-loaded locking knob assemblies **(Item #8)** into the back side of the Adjustable Pulley System as shown in figure B. Tighten the locking knobs to the Adjustable Pulley System with an adjustable wrench.

**Note: Do not unwrap the two pulley assemblies that are attached to the Adjustable Pulley System at this time.**

❑ Securely tighten all bolts that have been placed on the unit up to this stage.

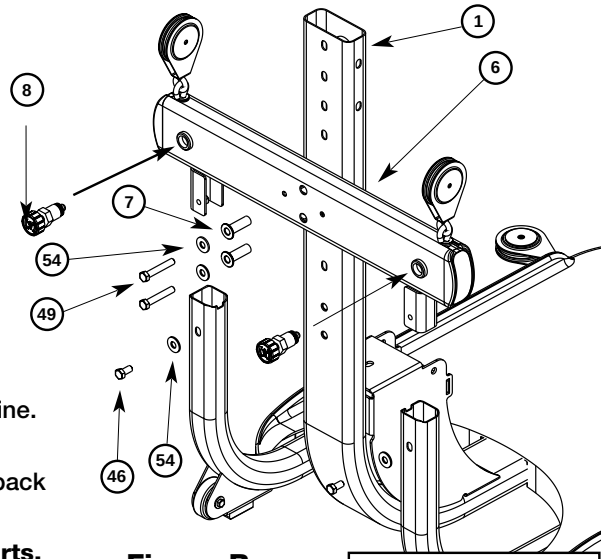



**Figure B**

**Components for this step are in Box 4**

**Step 3: SQUAT PLATFORM & FRAME ASSEMBLY**

Locate the following parts for this step:
- Large plastic squat platform **(Item #5)**
- Squat frame **(Item #4)**
- Four (4) 3/8"X4-3/4" bolts **(Item #52)**
- Six (6) 3/8" washers **(Item #54)**
- Two 3/8" lock nuts **(Item #57)**

❑ Align the holes in the main frame (**Items #2&3)** and the squat frame **(Item #4)** and insert the four bolts with washers on them into the four holes as shown in Figure C. **Do not tighten at this time.**

❑ Slide the squat platform onto the frame assembly by aligning the notches on the sides with the bolts on the frame assembly. Make sure the platform goes behind the washers.

❑ Place washers and nuts on the inside of the two forward bolts. Apply downward pressure to the platform by kneeling on it and tighten all the bolts.

**Note: The two rear bolts do not require the use of a washer or lock nut on the inside of the assembly.**

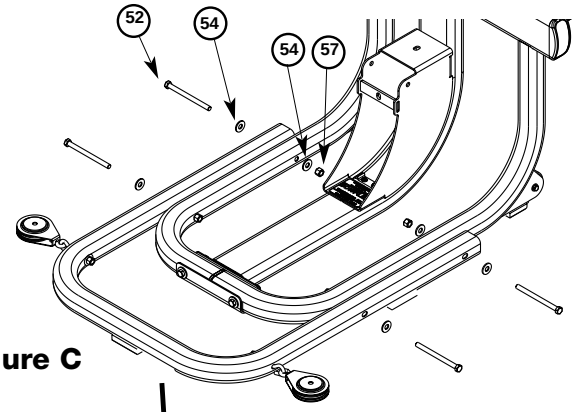



**Figure C**

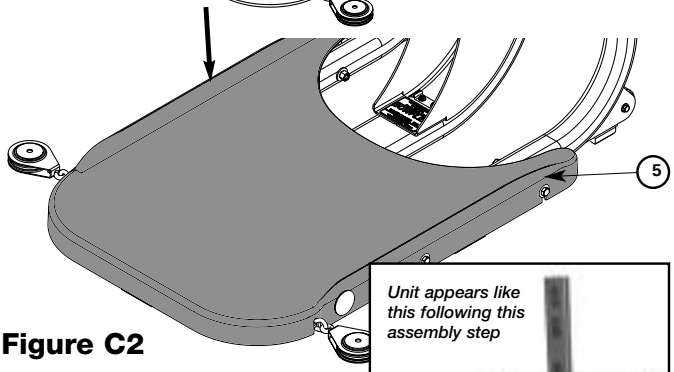



**Figure C2**

**Components for this step are in Box 2 and Box 4**

---

**Step 4: BOLT KEEPER INSERTION**

Locate the following parts for this step:
- Seat rail **(Item #10)**
- Eight (8) 3/8" X 3/4" Square Head Bolts **(Item #75)**
- Two (2) Rear Leg Bolt Keepers **(Item #73)**
- Two (2) Leg Press Bolt Keepers **(Item #74)**

❑ Take two 3/8" x 3/4" bolts **(Item #75)** and place them through holes in a Rear Leg Bolt Keeper **(Item #73)**. Take that assembly and slide it into a Seat Rail **(Item #10)** channel, starting on the end closest to the warning label, as shown in Figure E. Line up the end of the bolt keeper with the end of the rail. Repeat for the other Rear Leg Bolt Keeper.

❑ Go to the other end of the Seat Rail. Take two bolts **(Item #75)** and place them through holes in a Leg Press Bolt Keeper **(Item #74)**. With the bolt-end of the bolt keeper pointed toward the seat rail, slide that assembly into a channel as shown in Figure E1. You may need to remove the twist tie holding the rail spacer blocks in place to slide the bolt keepers into the rail.

**Note:** Please use caution when inserting bolt keepers. Edges may be sharp.

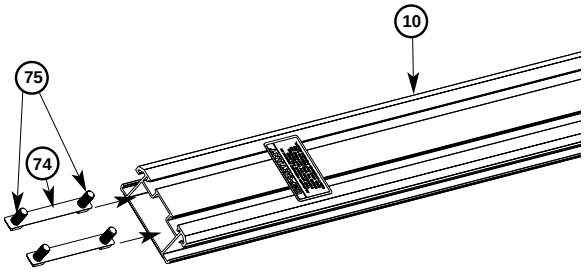



**Figure E**

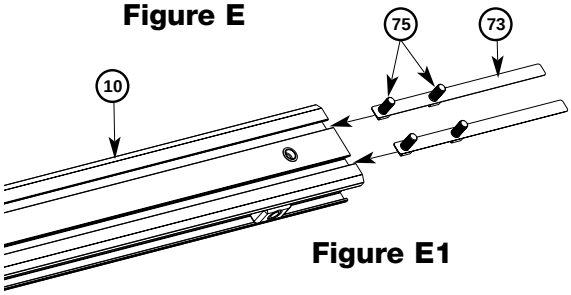



**Figure E1**

**Components for this step are in Box 3 and Box 4**

**Step 5: REAR LEG**

Locate the following parts for this step:
- Rear leg **(Item #13)**
- Seat rail **(Item #10)**
- Four (4) 3/8” nylon lock nuts **(Item #57)**
- Four (4) 3/8" washers **(Item #54)**

❑ Find the four bolts in the channels on the bottom of the seat rail assembly closest to the warning sticker. Place the rear leg mounting bracket **(Item #13)** over the four bolts. Make sure the edge of the bracket is flush with the end of the rail. Place four (4) 3/8" washers **(Item #54)** and four (4) 3/8" nylon lock nuts **(Item #57)** on the bolts as shown in figure E2 and tighten.

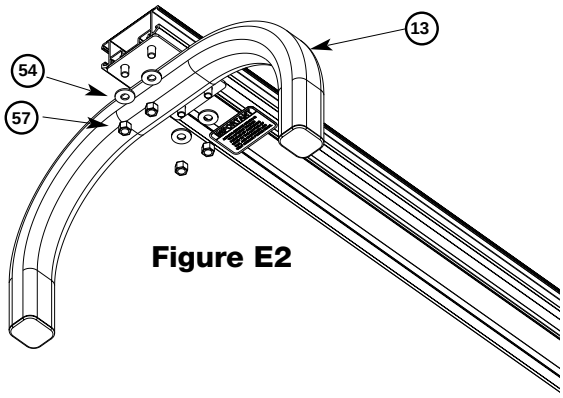
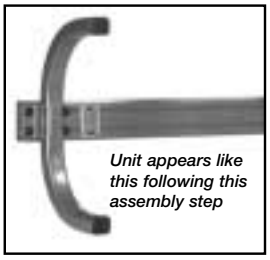



**Figure E2**

**Components for this step are in Box 4**

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**Step 6: FOOT REST**

Locate the following parts for this step:
- Leg press assembly **(Item #11)**
- Seat rail **(Item #10)**
- Four (4) 3/8” nylon lock nuts **(Item #57)**
- Four (4) 3/8" washers **(Item #54)**

❑ Find the four bolts in the channels on the bottom of the seat rail assembly that are closest to the threaded hole. Place the leg press assembly **(Item #11)** on the four bolts. Place four (4) 3/8" washers **(Item #54)** and four (4) 3/8" nylon lock nuts **(Item #57)** on the bolts as shown in Figure E3. Make sure the ends of the bolt keepers holding the leg press bolts in place are flush with the end of the seat rail. This will determine the final alignment of the leg press assembly.

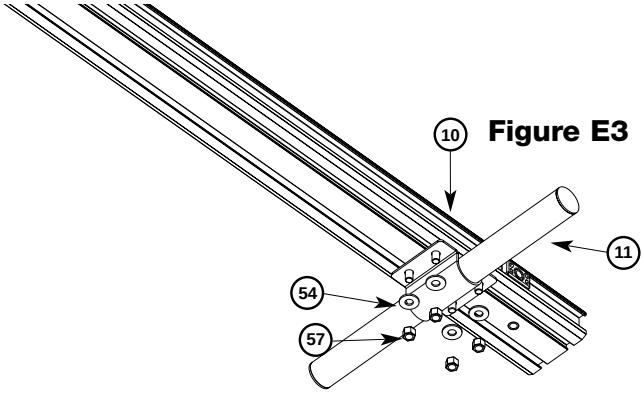
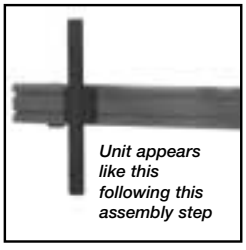



**Figure E3**

**Components for this step are in Box 4**



**Step 7: SEAT RAIL INSTALLATION**

The following parts are required for this step:
- Seat Rail **(Item #10)**
- One (1) 3/8"X5" bolt **(Item #53)**
- Two (2) 3/8" washers **(Item #54)**
- One (1) 3/8" nylon lock nut **(Item #57)**
- Large Knob **(Item #37)**

❑ If you have not already done so, remove the twist-tie that holds the rail spacer blocks and tube in place on the side of the seat rail.

❑ Slide the seat rail, right side up, into the main frame and rest it on the cross bar as shown in Figure F.

❑ Slide the 3/8"X5" bolt **(Item #53)** with a washer through main frame and seat rail as shown in Figure F. Place 3/8" washer **(Item #54)** and 3/8" nylon lock nut **(Item #57)** on bolt and tighten.

❑ Place the large knob **(Item #37)** into the hole in the top of the frame and tighten.

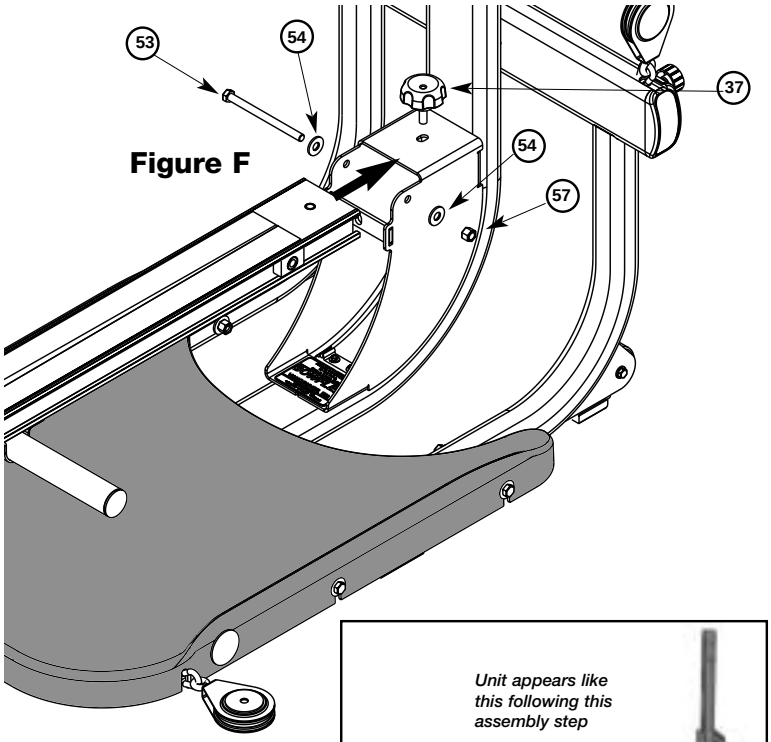
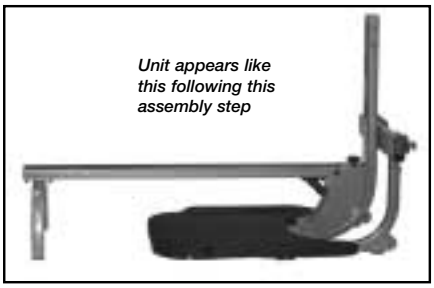



**Figure F**

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**Step 8: SEAT INSTALLATION**

Locate the following parts for this step:
- Seat Assembly

❑ Pull out and lock the pin on the left side of the seat assembly and slide the seat onto the rail as shown in Figure G.

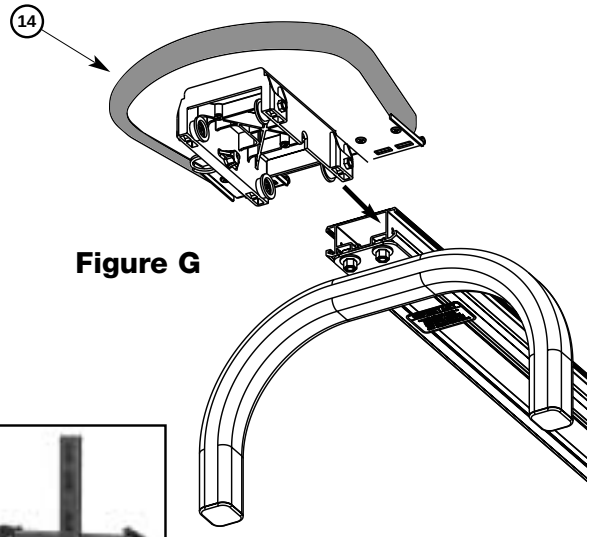


**Figure G**

**Components for this step are in Box 3**

**Step 9: RAIL END CAP INSTALLATION**

Locate the following parts for this step:
- Rail End Cap **(Item #58)**
- Two (2) #10X3/4" self tapping screw **(Item #44)**

❑ Place the end cap **(Item #58)** on the end of the rail with arrow inside end cap facing up.

❑ Secure the end cap to the end of the rail using two (2) #10X3/4" self tapping screws **(Item #44)** shown in Figure H.

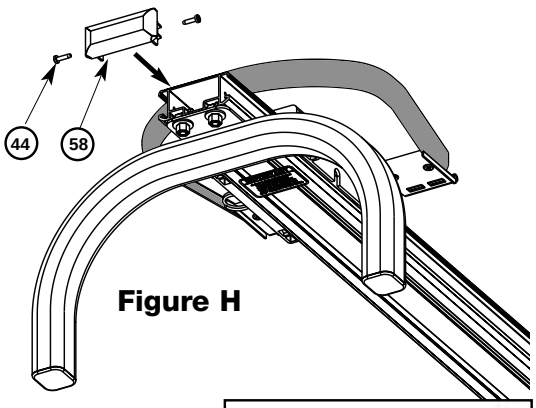


**Figure H**

**Components for this step are in Box 4**

**If your unit came with a lat attachment, skip now to lat instructions: Step 1 Page 14.**

*Unit appears like this following this assembly step*

---

**Step 10: INCLINE BENCH REST INSTALLATION**

Locate the following parts for this step:
- Incline bench rest **(Item #21)**
- Incline bench rest back **(Item #22)**
- Three (3) 3/8"X2" bolts **(Item #48)**
- Three (3) 3/8" washers **(Item #54)**
- Two (2) #10X3/4" self tapping screws **(Item #44)**

❑ Match up the oval bosses on the incline seat rest **(Item #21)** with the oval cutouts in the lower lat tower **(Item #1)** as shown in Figure K.

❑ Place the incline bench rest back **(Item #22)** on the rear of the lower lat tower **(Item #1)** and match up the three holes for the 3/8" bolts as shown in Figure K.

**Note: Make sure the textured, non-machined side of the incline rest back faces outward away from the machine.**

❑ Slide the three (3) 3/8"X2" bolts **(Item #48)** into the three holes in the incline bench rest back **(Item #22)** through the lower lat tower **(Item #1)** and into the incline seat rest **(Item #21)** as shown in Figure K. Securely tighten these three bolts.

❑ Screw the two (2) #10X3/4" **(Item #44)** screws into the incline bench rest back **(Item #22)** as shown in Figure K.

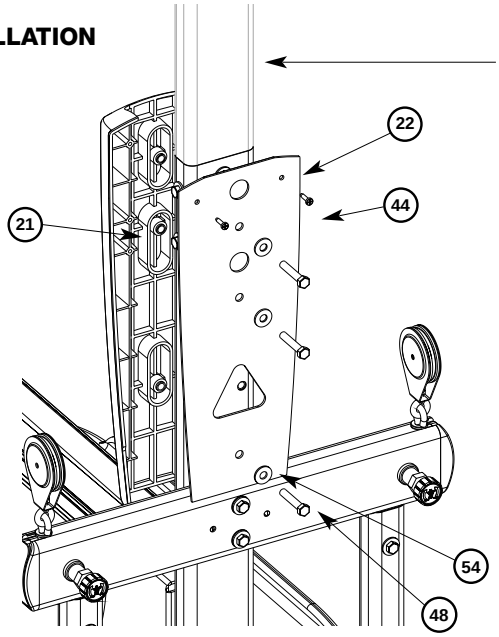


**Figure K**

**Components for this step are in Box 4**

*Unit appears like this following this assembly step (shown with optional lat tower)*

**Step 11: ROD BOX INSTALLATION**

Locate the following parts for this step:
- Rod box with Power Rods **(Item #23)**
- Rod box frame **(Item #24)**
- Three (3) #10X1" self tapping screw **(Item #45)**
- Three (3) 1/4" washers **(Item #55)**

❑ Slide rod box with Power Rods **(Item #23)** into rod box frame **(Item #24)** as shown in Figure L.

❑ Tighten three (3) #10X1" screws **(Item #45)** with three (3) 1/4" washers **(Item #55)** through the slot in rod box frame **(Item #24)** and into the screw bosses in the bottom of the rod box with Power Rods **(Item #23)** as shown in Figure L.

**Components for this step are in Box 1 & Box 4**

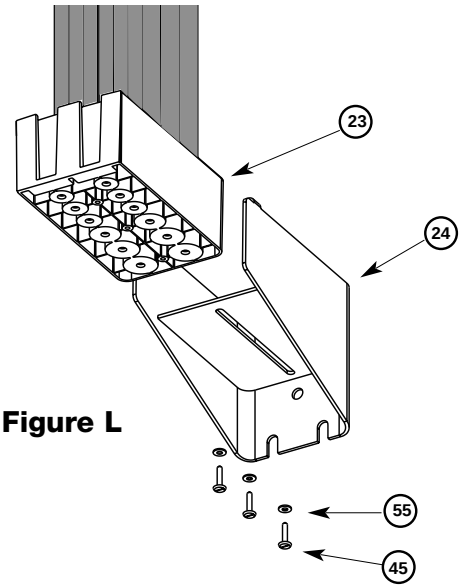


**Figure L**

*Unit appears like this following this assembly step*

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**Step 12: ROD BOX FRAME INSTALLATION**

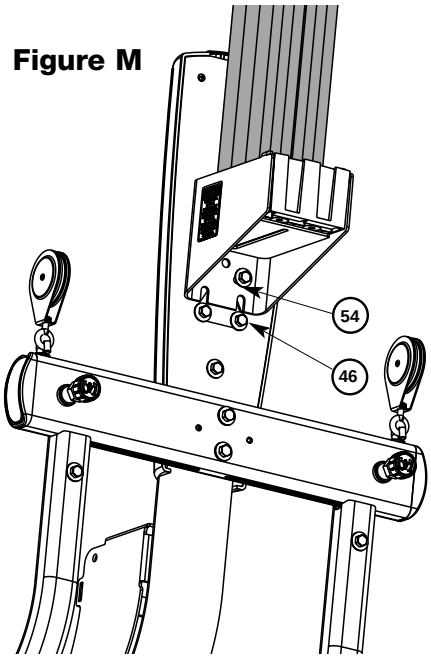
Locate the following parts for this step:
- Rod Box with Power Rods with frame **(Items #23 & 24)**
- Three (3) 3/8"X3/4" bolts **(Item #46)**
- Three (3) 3/8" washers **(Item #54)**

❑ Start two (2) 3/8"X3/4" bolts **(Item #46)** with 3/8" washers **(Item #54)** into the lower two holes in the rear of the lower lat tower **(Item #1)** as shown in Figure M.

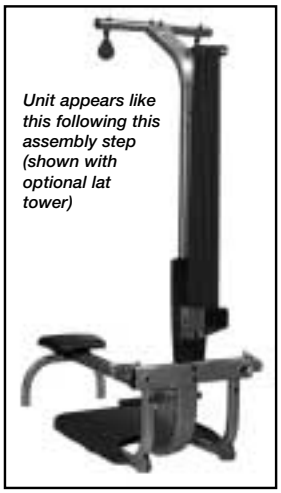
❑ Slide the rod box frame **(Assembly #24)** onto the two bolts making sure the rod box frame is behind the washers as shown in Figure M.

❑ Thread the third 3/8"X3/4" bolt **(Item #46)** into the top hole of the rod box frame **(Item #24)**. Securely tighten all bolts.

**Figure M**




**CAUTION:**
When hooking up the Power Rods, do not stand directly over the tops of the rods. Stand off to the side while connecting and disconnecting the Power Rods from the cables.



*Unit appears like this following this assembly step (shown with optional lat tower)*

**Step 13: LOWER LAT CROWN INSTALLATION**

Locate the following parts for this step:
• Lower lat crown **(Item #76)**

❑ Press Lower Lat Tower Crown **(Item #76)** into open end of lower lat tubing to finish off. Bottom surface of lower lat crown should be in contact with incline bench rest.

**Note: if you have attached a lat tower, skip this step and discard this piece.**

**Components for this step are in Box 4**

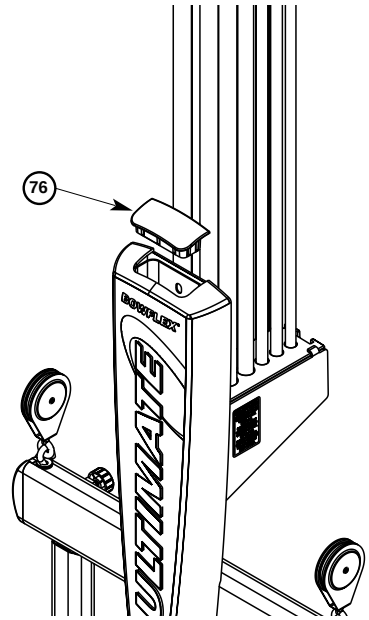



**Figure N**

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**Step 14: BENCH REST BRACKET INSTALLATION**

Locate the following parts for this step:
• Bench **(Item #25)**
• Bench rest bracket **(Item #26)**
• Three (3) 1/4"X1-1/2" phillips head screws **(Item #41)**
• Three (3) 1/4" Washers **(Item #55)**

❑ Assemble the bench rest bracket **(Item #26)** to the back of the bench **(Item #25)** using three (3) 1/4"X1-1/2" phillips head screws **(Item #41)** and three (3) 1/4" washers **(Item #55)** as shown in Figure N.

**Note: Double check to make sure bench is stable in the incline position and the foot rest assembly is properly positioned when the bench is in the flat position. in the flat position, the bench should NOT rest on the foot rest.**

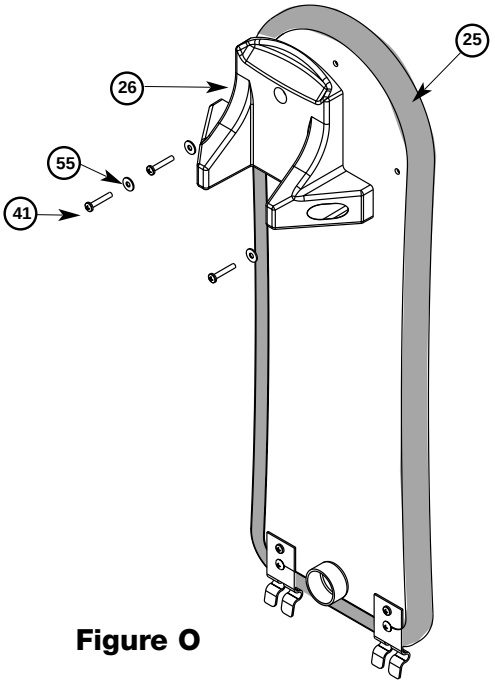



**Figure O**

**Components for this step are in Box 3 & Box 4**

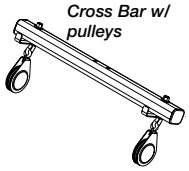
# Lat Assembly

**The Lat Assembly is an optional attachment which, depending on the machine you ordered, may or may not be part of your Bowflex.**

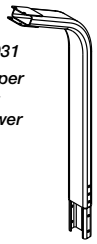
## Lat Assembly Parts List

| Item No. | Qty. | Part No. | Description |
|---|---|---|---|
| 17 | 1 | 10033 | UPPER LAT CROSS BAR W/ PULLEYS |
| 19 | 1 | 10031 | UPPER LAT TOWER |
| 20 | 1 | 10032 | STRAP HOOK |
| 31 | 2 | 10038 | LAT CABLE |
| 33 | 2 | 50334 | SNAP HOOK |
| 34 | 1 | 10037 | 50” BENT BAR |
| 40 | 2 | 10163 | SCREW, 1/4" x 5/8" PHILLIPS HEAD MACHINE |
| 46 | 6 | 10103 | BOLT, 3/8" X 3/4" |
| 50 | 2 | 10109 | BOLT, 3/8" X 2-3/4" |
| 54 | 10 | 90138 | WASHER, 3/8" |
| 57 | 2 | 90196 | NUT, 38", NYLON LOCK |

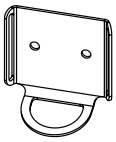
***Item #:*** *17*
***Qty.:*** *1*
***Part #:*** *10033*
***Descr:*** *Upper Lat Cross Bar w/ pulleys*



***Item #:*** *19*
***Qty.:*** *1*
***Part #:*** *10031*
***Descr:*** *Upper Lat Tower*



***Item #:*** *20*
***Qty.:*** *1*
***Part #:*** *10032*
***Descr:*** *Strap Hook*

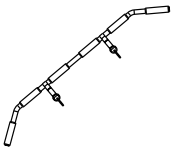


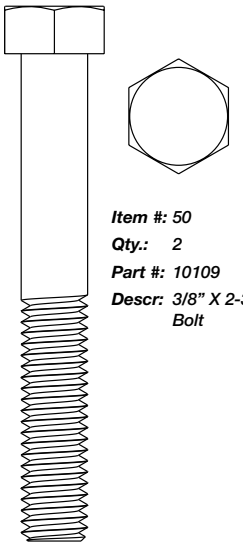
***Item #:*** *31*
***Qty.:*** *2*
***Part #:*** *10038*
***Descr:*** *Lat Cable*
***Length:*** *56.25”*



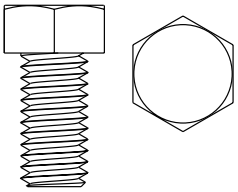
***Item #:*** *33*
***Qty.:*** *2*
***Part #:*** *50334*
***Descr:*** *Snap Hook*

***Item #:*** *34*
***Qty.:*** *1*
***Part #:*** *10037*
***Descr:*** *50” Bent Bar*

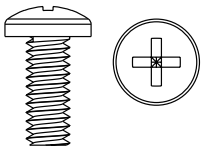




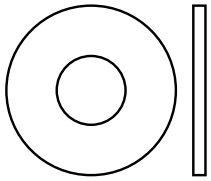
***Item #:*** *50*
***Qty.:*** *2*
***Part #:*** *10109*
***Descr:*** *3/8” X 2-3/4” Bolt*



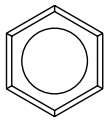
***Item #:*** *46*
***Qty.:*** *6*
***Part #:*** *10103*
***Descr:*** *3/8” X 3/4” Bolt*



***Item #:*** *40*
***Qty.:*** *2*
***Part #:*** *10163*
***Descr:*** *1/4” X 5/8” Phillips Head Machine Screw*



***Item #:*** *54*
***Qty.:*** *10*
***Part #:*** *90138*
***Descr:*** *3/8” Washer*



***Item #:*** *57*
***Qty.:*** *2*
***Part #:*** *90196*
***Descr:*** *3/8” Nylon Lock Nut*

**Step 1: LAT TOWER ASSEMBLY**

Locate the following parts for this step:
- Lat cross bar w/ pulleys **(Item #17)**
- Upper lat tower **(Item #19)**
- Two (2) 3/8"X2-3/4" bolts **(Item #50)**
- Four (4) 3/8" washers **(Item #54)**
- Two (2) 3/8" nylon lock nuts **(Item #57)**
- Strap hook **(Item #20)**
- Two (2) 1/4”X5/8” phillips head screws **(Item #40)**

❑ Attach the lat cross bar assembly **(Item #17)** to the upper lat tower **(Item #19)** with two (2) 3/8"X2-3/4" bolts **(Item #50)**, four (4) 3/8"washers **(Item #54)** and two (2) 3/8" nylon lock nuts **(Item #57)** as shown in Figure I.

❑ Attach the strap hook **(Item #20)** to the rear of the upper lat tower using two (2) 1/4"X5/8" phillips head screws **(Item #40)** also shown in Figure I. Make sure the strap hook loop faces downward as shown in the inset.

**Note: Take care to securely tighten the lat cross bar to the upper lat tower.**

**Components for this step are in the Lat Attachment Box**

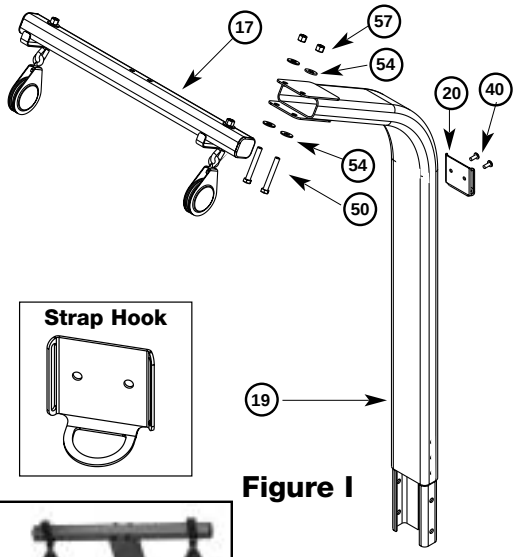
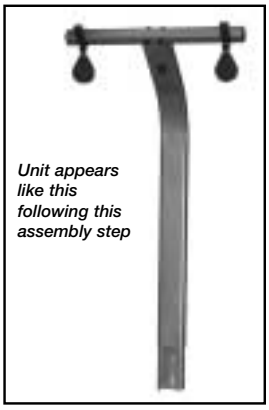



**Figure I**



*Unit appears like this following this assembly step*

**Step 2: LAT TOWER INSTALLATION**

**Note: It is recommended that two people be used to accomplish this step. Take care to insure the upper lat assembly is properly and securely attached to the base assembly.**

Locate the following parts for this step:
- Six (6) 3/8"X3/4" bolts **(Item #46)**
- Six (6) 3/8" washers **(Item #54)**
- Upper lat tower assembly (from Step 9)

❑ Assemble the upper lat tower assembly to the base unit using six (6) 3/8"X3/4" bolts **(Item #46)** and six (6) 3/8" washers **(Item #54)** as shown in Figure J.

*Remove and discard the foam plug from the lat tower cable storage hole.

**Please go to Step 10 on Page 11 to finish assembly.**

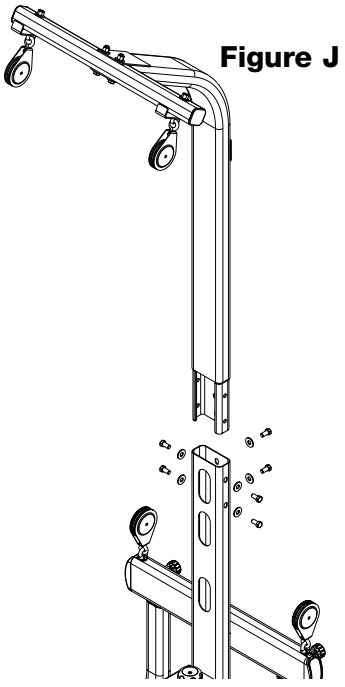
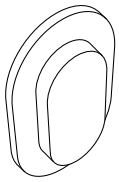
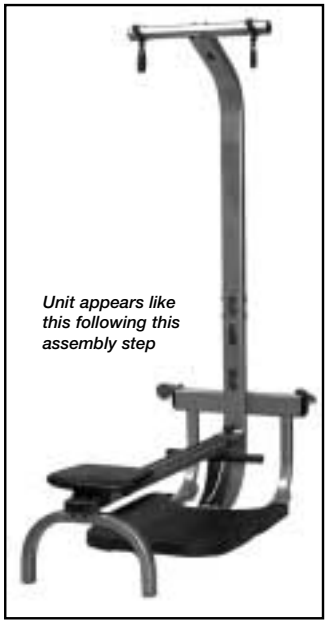


**Figure J**



**Foam Plug*



*Unit appears like this following this assembly step*

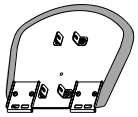
# Leg Assembly

**The Leg Assembly is an optional attachment which, depending on the machine you ordered, may or may not be part of your Bowflex.**

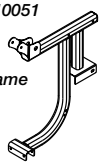
## Leg Assembly Parts List

| | | | |
|---|---|---|---|
| 55 | 4 | 90153 | 1/4" WASHER |
| 61 | 1 | 10053 | LEG EXTENSION SEAT ASSEMBLY |
| 62 | 1 | 10051 | LEG EXTENSION MAIN FRAME |
| 63 | 1 | 10052 | LEG EXTENSION FOOT TUBE |
| 64 | 1 | 10054 | LEG EXTENSION PIVOT TUBE |
| 65 | 6 | 50304 | FOAM ROLLER |
| 66 | 3 | 95206A | 3/4"X15 3/4" CHROME TUBE |
| 67 | 2 | 10056 | LEG EXTENSION CABLE |
| 68 | 2 | 90161 | 1" SMALL STAR KNOB |
| 69 | 6 | 90218 | 3/4" END CAP |
| 70 | 2 | 90189 | PIVOT BUSHING |
| 71 | 2 | 10170 | HEX HEAD BOLT, 1/4" X 2-3/4" |
| 72 | 2 | 90204 | NUT, 1/4" NYLON LOCK |

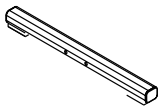
***Item #:*** *61*
***Qty.:*** *1*
***Part #:*** *10053*
***Descr:*** *Leg Extension Seat Assembly*



***Item #:*** *62*
***Qty.:*** *1*
***Part #:*** *10051*
***Descr:*** *Leg Ext. Main Frame*

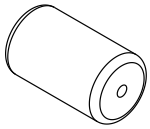


***Item #:*** *63*
***Qty.:*** *1*
***Part #:*** *10052*
***Descr:*** *Leg Extension Foot Tube*

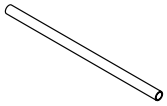


***Item #:*** *64*
***Qty.:*** *1*
***Part #:*** *10054*
***Descr:*** *Leg Extension Pivot Tube*

***Item #:*** *65*
***Qty.:*** *6*
***Part #:*** *50304*
***Descr:*** *Leg Extension Roller*

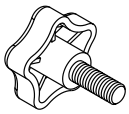


***Item #:*** *66*
***Qty.:*** *3*
***Part #:*** *95206A*
***Descr:*** *Leg Extension Chrome Tube*

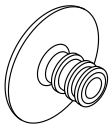


***Item #:*** *67*
***Qty.:*** *2*
***Part #:*** *10056*
***Descr:*** *Leg Ext. Cable*
***Length:*** *73.50"*

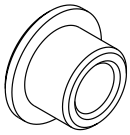
***Item #:*** *68*
***Qty.:*** *2*
***Part #:*** *90161*
***Descr:*** *1" Small Knob*

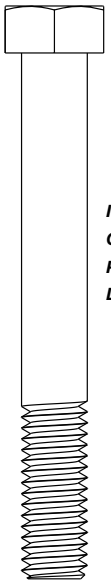


***Item #:*** *69*
***Qty.:*** *6*
***Part #:*** *90218*
***Descr:*** *3/4" End Cap*

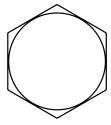


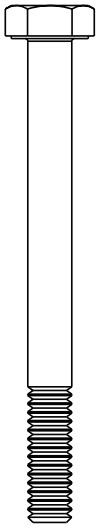
***Item #:*** *70*
***Qty.:*** *2*
***Part #:*** *90189*
***Descr:*** *Pivot Bushing*



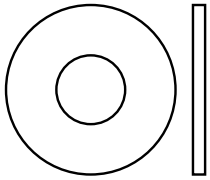


***Item #:*** *51*
***Qty.:*** *3*
***Part #:*** *90139*
***Descr:*** *3/8" X 3" Bolt*

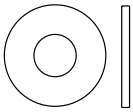




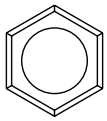
***Item #:*** *71*
***Qty.:*** *2*
***Part #:*** *10170*
***Descr:*** *1/4" X 2-3/4" Bolt*



***Item #:*** *54*
***Qty.:*** *6*
***Part #:*** *90138*
***Descr:*** *3/8" Washer*



***Item #:*** *55*
***Qty.:*** *4*
***Part #:*** *90156*
***Descr:*** *1/4" Washer*



***Item #:*** *57*
***Qty.:*** *3*
***Part #:*** *90196*
***Descr:*** *3/8" Nylon Lock Nut*

***Item #:*** *72*
***Qty.:*** *2*
***Part #:*** *90204*
***Descr:*** *1/4" Nylon Lock Nut*

**Step 1: LEG EXTENSION FOOT TUBE INSTALLATION**

Locate the following parts:
- Leg extension main frame **(Item #62)**
- Leg extension foot tube **(Item #63)**
- Two (2) 3/8"X3" bolt **(Item #51)**
- Two (2) 3/8" nylon lock nuts **(Item #57)**
- Four (4) 3/8" washers **(Item #54)**

❑ Insert the leg extension foot tube **(Item #63)** into the leg extension main frame **(Item #62)** saddle bracket, aligning the holes in the bracket with the holes in the foot tube, as shown in Figure P.

❑ Insert two 3/8"X3" bolts **(Item #51)** with 3/8" washers **(Item #54)** through the holes in both tubes as shown in Figure P.

❑ Install 3/8" washers **(Item #54)** and then 3/8" nylon lock nuts **(Item #57)** onto the bolts and securely tighten.

**Components for this step are in the Leg Extension Box**

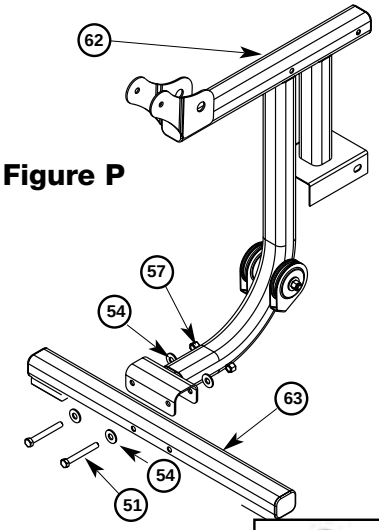
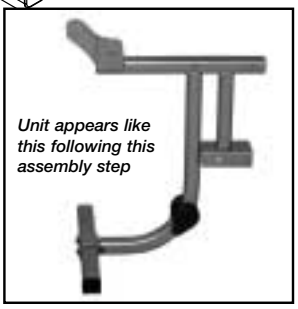



**Figure P**

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**Step 2: LEG ASSEMBLY EXTENSION TUBE**

Locate the following parts
- Leg extension main frame **(Item #62)**
- Leg extension pivot tube **(Item #64)**
- 3/8"X3" bolt **(Item #51)**
- 3/8" nylon lock nut **(Item #57)**
- Two (2) 3/8" washers **(Item #54)**

❑ Untwist the twist-tie that is holding the bushings in place in the leg extension pivot tube **(Item #64)**.

❑ Place the leg extension tube **(Item #64)** as shown in Figure Q. The tube is symmetrical so orientation does not matter.

❑ Insert the 3/8"X3" bolt **(Item #51)** with a 3/8" washer **(Item #54)** on it through the leg extension main frame **(Item #62)** and through the leg extension tube **(Item #64)** as shown in Figure Q.

❑ Install a 3/8" washer **(Item #54)** onto the bolt and securely tighten the 3/8" nylon lock nut **(Item #57)**.

**Components for this step are in the Leg Extension Box**

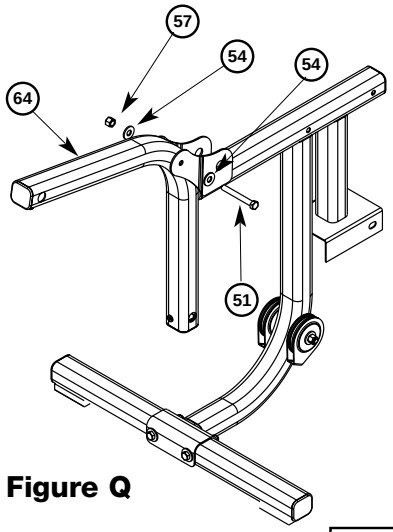
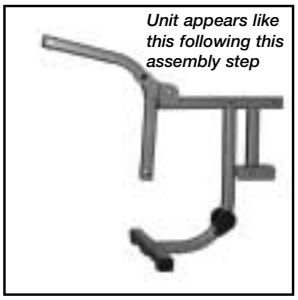



**Figure Q**



**Step 3: LEG EXTENSION SEAT INSTALLATION**

Locate the following parts:
- Leg extension assembly (from previous step)
- Leg extension seat assembly **(Item #61)**
- Two (2) 1/4"X2-3/4" bolt **(Item #71)**
- Two (2) 1/4" nylon lock nuts **(Item #72)**
- Four (4) 1/4" washers **(Item #55)**

❑ Place the leg extension seat **(Item #61)** on top of the horizontal tube on the leg extension assembly **(Item #62)** with the hinge brackets facing the direction shown in Figure R.

❑ Insert two 1/4"X2-3/4" bolts **(Item #71)** with 1/4" washers **(Item #55)** through the brackets on the bottom of the leg extension seat **(Item #61)**.

❑ Install 1/4" washers **(Item #55)** onto the bolts and securely tighten 1/4" nylon lock nuts **(Item #72)** on the bolts.

**Components for this step are in the Leg Extension Box**

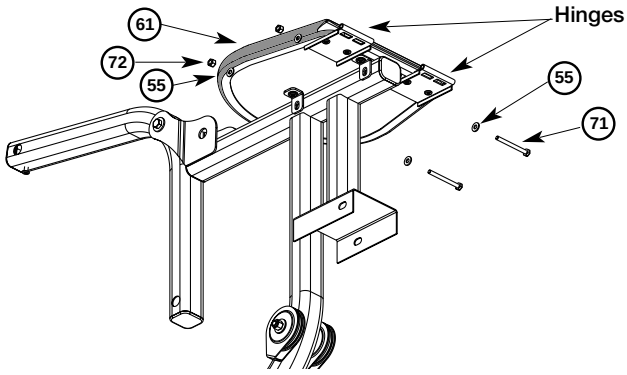
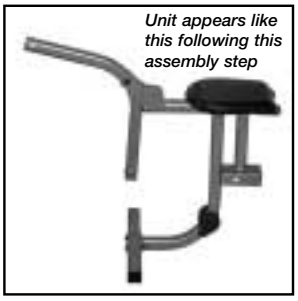



**Figure R**

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**Step 4: INSTALLING THE LEG EXTENSION CHROME TUBES AND FOAM ROLLERS**

Locate the following parts
- Portion of leg extension attachment already assembled
- Three (3) leg extension chrome tubes **(Item #66)**
- Six (6) leg extension rollers **(Item #65)**
- Six (6) leg extension tube end caps **(Item #69)**
- Two (2) 73.50” leg extension cables **(Item #67)**

❑ Back out the screws that are in the end holes of the leg extension pivot tube **(Item #64)** just enough to slide the chrome tube through the holes.

❑ Slide Chrome tubes into all three holes as shown in Figure S.

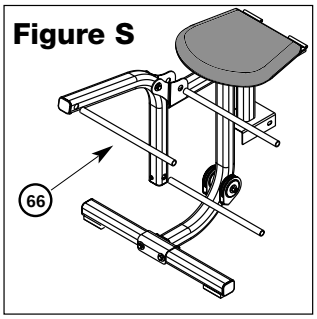
❑ Slide the **LARGE LOOP** of the leg extension cables **(Item #67)** onto the lowest chrome tube, one on each side of the leg extension pivot tube.

❑ Slide the foam rollers **(Item #65)** onto the chrome tubes **(Item #66)** as shown in Figure T.

❑ Push the roller end caps **(Item #69)** into the ends of the chrome tubes **(Item #66)** as shown in Figure T.

**Note: You may need to use a rubber mallet to get the end caps securely into the chrome tubes.**

**Components for this step are in Leg Extension Box**



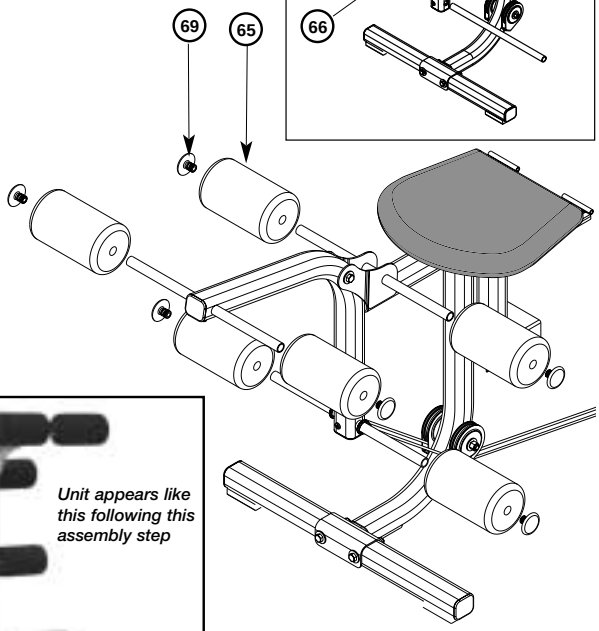




**Figure T**

**Step 5: INSTALLING THE LEG EXTENSION ATTACHMENT**

❑ Place the leg extension on the end of the rail and tighten the two small star knobs **(Item #68)** through the sides of the leg extension rail bracket and into the rail as shown in Figure U.

❑ Take the leg attachment cables and snap them into the cable storage clips on the bracket under the seat rail.

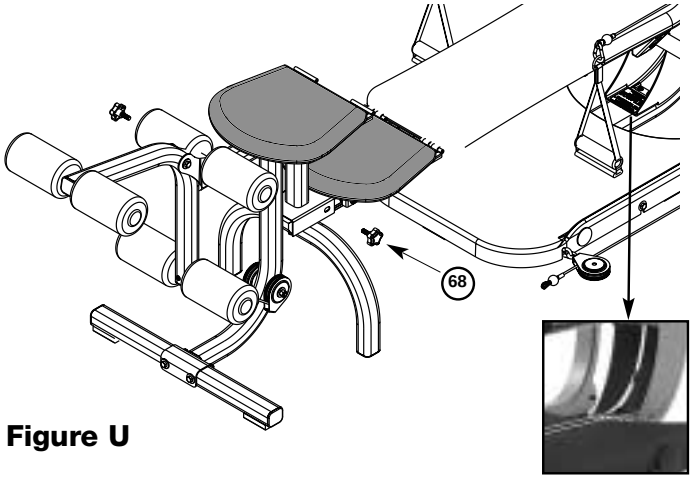



**Figure U**

*Unit appears like this following this assembly step (shown with optional lat tower)*

**BEFORE EACH USE OF THE EQUIPMENT, CHECK ALL FASTENERS, SNAP HOOKS, CABLES AND PULLEY FUNCTIONS. TIGHTEN AND FASTEN AS NEEDED. CHECK PULLEYS AND CABLES FOR WEAR AND FUNCTION.**

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**ASSEMBLING YOUR BOWFLEX T-BAR**

Your T-bar was shipped fully assembled with the metal bar resting in the loops of the nylon strap. If, however, the bar and the nylon strap separated during shipping, follow these instructions for reassembly.

❑ The nylon strap has one flat side and one side with several twists. Lay the nylon strap on a flat surface with the flat side down, as shown in Figure V.

❑ Lift the strap by the metal rings and hold it in front of you. Turn the strap completely over with the twisted side down. Grab the strap in the center with the index finger of one hand. See Figure W.

❑ Use your index finger and thumb of your free hand to spread the strap into two loops, as shown in Figure X

❑ Using your free hand, slide the bar through the loops. Remove your fingers from the loop. The strap should wrap around the bar evenly and slide loosely and freely around the bar. See figure Y.

**Figure V**

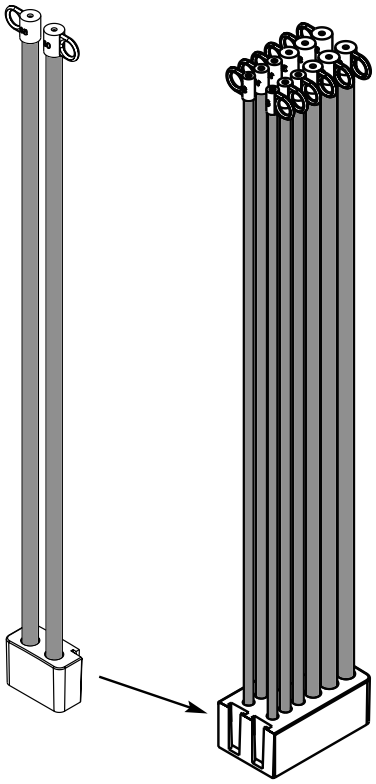
**Figure W**

**Figure X**

**Figure Y**

## Expanding your Bowflex Ultimate from 310 pounds to 410 pounds

**Step 1:** Simply slide the new rods into the back of the Ultimate's rod pack. Make sure the new Power Rods are secure and fully seated into the base before using them.



***POWER ROD® UPGRADE FOR ONLY$99***

***1-800-269-3539 CALL TO ORDER***

**Please fold over and tape before mailing**

**Please fold over and tape before mailing**

**Place Stamp Here**

**The Nautilus Group, Inc.**
1400 N.E. 136th Ave.
Vancouver, WA 98684

**Information about your Bowflex Ultimate Warranty**
**(Keep for your records)**

**What Is Covered**

The Nautilus Group, Inc. warrants to the original purchaser of the Bowflex® home fitness machine to be free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser.

**Bowflex Ultimate**

The Bowflex patented Power Rod® resistance is covered by a No-Time-Limit Warranty. The Bowflex Ultimate is warrantied to the original purchaser for seven (7) years. This seven year warranty covers all defects in material or workmanship of the Bowflex Ultimate. The warranty does not cover commercial use or misuse & abuse by the consumer. To make this warranty effective, you must completely fill out the owner registration card and return it to The Nautilus Group, Inc., 1400 NE 136th Ave. Vancouver, WA 98684 within thirty (30) days of your purchase of the Bowflex.

**Warranties Do Not Cover**

- A Bowflex purchased for commercial or institutional use.
- Damage due to use by persons who weigh more than 300 pounds.
- Damage due to abuse, misuse, accident or acts of God (such as floods).
- Consequential or incidental damages.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

**What We Will Do**

The Nautilus Group, Inc. will repair any Bowflex that proves to be a defect in materials or workmanship. In the event repair is not possible, The Nautilus Group, Inc. at its option, will either replace your Bowflex or refund your purchase price.

**How To Get Service**

Simply return the defective part at your expense to The Nautilus Group, Inc., 1400 NE 136th Ave. Vancouver, WA 98684. Include an explanation of the problem. For information, you may contact a service representative at 1-800-269-3539 or write us at the above address, Attention Warranty. Adequate protective packaging of the defective parts or unit and cost of shipping to the above address are your responsibility. The repaired part or unit will be returned to you at the company's expense.

**How State Law Applies**

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

# *BOWFLEX 6 WEEK SATISFACTION GUARANTEE*

We want you to know that Bowflex is a superior product. Your satisfaction is guaranteed. If for some reason you are not 100% satisfied with your Bowflex, please follow the instructions below in order to return your merchandise and receive a refund of the purchase price, less shipping and handling.

1. Call our Customer Service Department at (800) 607-3539 for a Return Authorization Number. Return authorization will be granted if:
   1) You purchased your Bowflex Machine directly from The Nautilus Group, Inc.
   2) If you are calling within 6 weeks of delivery date of merchandise. Returns should be shipped to The Nautilus Group, Inc., 1400 N.E. 136th Ave., Vancouver, WA 98684.

2. All returned merchandise must be properly packaged in the original boxes and in good condition. **Please note: You are responsible for return shipping and any damage or loss to merchandise which occurs during return shipment to The Nautilus Group, Inc. We highly recommend that insure your shipment.**

3. Please mark all boxes clearly with:

   Return Authorization Number
   Name
   Address
   Phone Number

   Boxes without this information clearly marked on the outside may be refused.

4. Please make copies of your original invoice and put one in each box of merchandise. Merchandise must be received by The Nautilus Group, Inc. within two weeks of the date you were issued your Return Authorization Number.

   **Refunds may be denied or delayed if these are not completely followed.**

This Bowflex Satisfaction Guarantee applies only to merchandise purchased by consumers, directly from The Nautilus Group, Inc. This guarantee does not apply to sales made by dealers or distributors.

The Nautilus Group, Inc.
1400 N.E. 136th Ave. Vancouver, WA 98684

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